

FOR YOUR benefit

WE ARE THE COUNTY OF LOS ANGELES

May 2012



THANK YOU TO OUR SUPPORTERS

County-sponsored Health Plans: Anthem Blue Cross, CIGNA, Kaiser Permanente, UnitedHealthcare, Delta Dental, Safeguard and MetLife

American Cancer Society

American Diabetes Association

County of Los Angeles Departments: Beaches and Harbors, Parks and Recreation, Probation, Public Health, and Public Social Services

On Your Mark, **Get Set, Go!**

It's time for the 2012 Countywide Fitness Challenge.

The Race to Better Health Is On

And, we're already off to a great start. Last year's Countywide Fitness Challenge was a great success with nearly 3,500 employees and their families attending fitness events throughout the County, in addition to winning three prestigious awards. We biked, walked and hiked at County beaches and parks, and shopped at farmers markets, making our way to better health. Keep up the good work by joining us for the third annual Countywide Fitness Challenge.

Whoever Said Fitness Is Not Fun Was Wrong — Fitness Can Be Fun!

The 2012 Countywide Fitness Challenge has expanded with new venues, more activities, a "Biggest Loser" contest, and a new online nutrition program called "Mix It Up!" So, get ready to grab your loved ones and come out to play! The Challenge runs from May to October.



The Third Annual Countywide Fitness Challenge Begins in May 2012!

If you're a County employee working at or near the Civic Center, come join us for the kick-off event to take advantage of free biometric screenings, exercise demos and drawings for prizes.

Tuesday, May 15, from 11:00 a.m. to 2:00 p.m. at the Performing Arts Center of Los Angeles County.

See **page 3** for this year's Countywide Fitness Challenge events and activities.

The “Biggest Loser” Contest Is Back!

It’s time to start planning your strategy to become the “Biggest Loser!” You can choose to compete on your own or join forces with a team of up to 15 members.

Keep Your Eye On the Prize

Form a team and take on last summer’s winning department, Chief Information Office, for a chance to win serious bragging rights. Remember, weight loss is calculated by the percentage of weight lost, not on pounds lost so all teams have a shot at winning.

Ask your Departmental Wellness Manager or visit dhr.lacounty.info for more information.

Get Your Scale Ready

The third annual Countywide Fitness Challenge’s “Biggest Loser” contest begins on May 21, 2012. Check out the chart below to find out what you need to do and when.

“Biggest Loser” Checklist	
Initial weigh-in	Week of May 21
Mid-point weigh-in	Week of June 18
Final weigh-out	Week of July 16

Don’t Forget to Designate a Team Captain!

Your Team Captain will coordinate weigh-ins and report the results on the Countywide “Biggest Loser” website.



See the last page of this newsletter to learn about a new nutrition campaign designed to help you reach your goals during the “Biggest Loser” contest.

Register your team at www.surveymonkey.com/s/biggestloserstart

Way to Go!

Congratulations to everyone who participated in Active For Life, the American Cancer Society’s 10-week physical activity program. Active For Life launched Countywide on January 23, 2012, and was a great success — a total of 359 teams logged in almost 4.1 million minutes of activity! We are proud to say that over 2,400 employees, representing 35 departments, set physical activity goals and pledged to meet those goals over the course of 10 weeks.

Let’s Keep Moving!

The results of the Active For Life program show that nearly 60% of participants exercised or walked regularly at least four times per week — a 40% increase from the start of the campaign! And, most participants plan to keep up the good work. According to a post-campaign survey, nearly half of respondents plan on maintaining the same amount of physical activity and the other half plan to increase their activity level. Continue to lead a more fit and active lifestyle by participating in the upcoming Countywide Fitness Challenge.



Active for Life – Get Motivated!

“We thought about the rewards — the gift card, feeling so much better after exercise, sleeping better and relieving the stress of the day. We also were motivated by the peer pressure, guilty consciences and the need to be accountable for our activity. Motivation from other team members was helpful and we were successful at meeting our goals for the ten week period.”

- Team “Fittier in Whittier” from the Whittier Medical Treatment Unit of California Children’s Services, Department of Public Health



Active for Life – Get Creative!

“When we started Active for Life, our team wanted to do group activities, so we had to get creative and find easy things we could all do together. We decided to try doing a “ten at ten” break — ten minutes at 10:00 am. We found a free video with simple exercises you can do in an office, and they’re only 10 minutes long. We would even multi-task and talk about our work projects while we were exercising. We still continue these breaks even though Active for Life is over, because it’s just our routine now.”

- Michelle Horejs of Team “Health Educators Active for Life” from the Department of Public Health



COUNTYWIDE FITNESS CHALLENGE 2012

Events and Activity Calendar

MAY 19

Walk It Off!

Take your entire family on a 5K fitness walk for all levels. And, take advantage of biometric screenings, exercise sessions, hula hoop and jump rope contests, face painting, giveaways for the whole family, and a special visit by Snoopy!

When:

Saturday, May 19, 2012
8:00 a.m. to Noon

Where:

Frank G. Bonelli Regional Park
120 Via Verde
San Dimas, CA 91773

JUNE 16

Play for Life!

Enter our "triathlon," an event for the whole family — a two-mile power walk led around a wildlife sanctuary, bicycle/buggy fun ride and paddle boat rally.

When:

Saturday, June 16, 2012
8:00 a.m. to Noon

Where:

Santa Fe Dam
Recreation Area
15501 Arrow Hwy.
Irwindale, CA 91706

JULY 14

Stop & Smell the Flowers!

Check out the flowers, fruits and vegetables while participating in a scavenger hunt, fitness walks, juicing demonstrations, giveaways, and more. Get your family moving and come on out for some fun!

When:

Saturday, July 14, 2012
8:00 a.m. to Noon

Where:

Cerritos Farmers' Market
18074 Park Plaza Dr.
Cerritos, CA 90703

JULY 28

Stop & Smell the Flowers... Again!

Join us at the second farmers' market event that includes flowers, fruits and vegetables, plus a scavenger hunt, fitness walks, juicing demonstrations, giveaways and a softball scrimmage. Bring the entire family.

When:

Saturday, July 28, 2012
8:00 a.m. to Noon

Where:

Victory Park Farmers' Market
2575 Paloma St.
Pasadena, CA 91107

AUGUST 25

Get Cultured!

Join a two-mile power walk and then get your groove on with "Dance Mania," a 1½ hour choreographed dance class featuring an assortment of dance styles (salsa, hip hop, Middle Eastern and country western). Visit our Wellness Center with yoga classes, chair massage, nutritional counseling, and information on wellness and holistic healing.

When:

Saturday, August 25, 2012
9:00 a.m. to 1:00 p.m.

Where:

Hollywood Bowl
2301 North Highland Ave.
Los Angeles, CA 90068

SEPTEMBER 15

Take a Hike!

Wander through this hidden wilderness with local trail guides on hikes to a waterfall. There will also be a beginner's trail so the whole family can participate. Afterward, join the volleyball challenge for some fitness fun.

When:

Saturday, September 15, 2012
7:30 a.m. to Noon
Hikes start at 8:15, 9:15 and
10:15 a.m. (But don't miss the
warm-ups!)

Where:

Kenneth Hahn State
Recreation Area
4100 S. La Cienega Blvd.
Los Angeles, CA 90056

SEPTEMBER 29

Chill Out!

Get seaside with multi-level fitness walks around the marina, including interval training. Then stop by the community center for healthy cooking demonstrations with free samples and prize drawings.

When:

Saturday, September 29, 2012
8:00 a.m. to Noon

Where:

Burton Chace Park
13650 Mindanao Way
Marina del Rey, CA 90292

OCTOBER 20

Be One With Nature!

Join us at our most popular event for bird walks, nature hikes, two 5K challenge hikes, biometric screenings, face painting, free live reptile and animal encounters, prize drawings, and an appearance by Smokey Bear!

When:

Saturday, October 20, 2012
7:30 a.m. to Noon

Where:

Placerita Canyon Natural
Area and Nature Center
19152 Placerita Canyon Rd.
Newhall, CA 91321

The County of Los Angeles

P.O. Box 67128
Los Angeles, CA 90067

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GET WELL NOW WITH *FOR YOUR BENEFIT* The County of LA's wellness newsletter!

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It's Time to **Mix It Up!**

If your plate tends to be light on fruits and vegetables, "Mix It Up!" with this brand-new challenge — a friendly online nutrition competition that starts on May 21 and lasts eight weeks.



This is one of the simplest nutrition programs ever — no calorie or fat gram counting, no weighing or measuring portions. Mix It Up shows you how to improve your overall health through colorful selections of vivid vegetables and fabulous fruit. You'll learn how easy it is to put produce first.



Get the Right Mix

Here's how:

- Visit the Mix It Up website at <http://lacounty.gomixitup.com> starting May 14 to register.
- Team up with four to 10 co-workers, or participate on your own.
- Each day, try different kinds of fruits and vegetables and log them on the Mix It Up website.

You'll get daily tips, recipes and tools to help you stay motivated. Your participation qualifies you to be entered into weekly prize drawings and a Grand Prize drawing at the end of the campaign.



Mix It Up On the Go

Download the free Mix It Up app for the iPhone® or Android™ from the App StoreSM or Android Market — and log your produce choices as you go.